

1

Graduating Thesis

of

Lucy A. Sweet.

1901.

Outline.

A Course of Study in Domestic Science.

Necessities

Higher Education of Women.

Awakening of importance of developing the home life.

Necessity of training mind ^{and} hand together.

History of Domestic Science work from Beginning.

Importance of its development.

Present Conditions

As it is and as it is to be.

Relations to other sciences

Economical buying and selecting of material.

General economy of home life not only as to money but expenditure of mental and physical strength.

As an art.

Decoration of home.

Decoration of dishes

Table setting and serving.

Course of Study.

Value.

A Course of Study in Domestic Science.

The fact that women are capable of a higher education seems to have struck the world like a cyclone. It is considered essential that a young man receive a higher education before he takes up his life work, so also is it essential for the young woman tho her work lies in a far different sphere.

At the Agricultural Congress held during the Paris Exposition a French woman pointed out the needs of a special school where young women may receive higher education in agricultural branches. They include domestic science as one of the important parts in the course. The plan of study is perfectly adapted to young country girls and insures them a means of existence whether they return to their families or exercise the profession of farmers, whether they take a position in the country or whether they become teachers.

The aim of education is to have the pupil reach the highest intellectual and moral stand point of the race in the briefest time and with the greatest economy of

effort.

Slowly but surely both men and women are beginning to realize the value of developing the home life. There is now a rising generation of girls who want to know the how, the what and the way. They have been too thoroughly imbued with progress, intellectual individuality and realization of responsibility to accept blind information of the past and to demean themselves by "making things do," when it might have been done better.

If congress, the state legislatures and city governments will do their part and provide the facilities for education which will bring to home making the intelligence without which it becomes a crime, they need not fear but what it will be a good investment.

It is all important that the mind and hand be trained together. The proper education of today is a preparation for the duties and responsibilities of life. Students must therefore, be able to put both brain and hands to work to be able to cope with the problems of life. The successful young

lady is the one that can carry on her work to bring forth the best results possible.

It is perhaps interesting to know something of the development of domestic science. In 1857 a bill was presented to congress providing for a grant of public lands to each state as an endowment for state colleges in which agriculture and mechanic arts should be taught as a part of the regular course. The bill was defeated but was presented again in 1862 and passed. The bill gave to each state thirty thousand acres of land for each senator and representative in congress from that state. This was used only for paying instructors and all instruction in these schools was made free.

In 1859 Prof. Blet gave in many of our large cities exhibitions of the preparation and serving of five course dinners. These were attended by the fashionable women who paid a fee of \$5.00 for each lesson. But the Civil War put an end to these lessons.

In 1870 at the suggestion of Mrs. Hodges a free training school for women was organized in New York city. The object was to furnish

information in regard to house work and kindred subjects to laboring women; but cooking was not taught in this school.

The new feature of domestic science education attracted considerable attention and Miss Corson gave lectures and lessons in cooking in quite a number of cities in the United States and Canada during the next four years. In 1875 Miss Lou C. Allen organized a school of Household science in the university at Champaign Ill. with a view of placing instruction in household art, on a level with instruction in agriculture and mechanic art.

In 1875 some work was done in domestic science in the Kansas State Agricultural College, mainly in the form of lectures on house keeping and teaching sewing. Lessons in cooking were also given.

Miss Parloa opened a cooking school in Tremont Street, Boston, and carried it on with much success for several years. Soon after the establishment of this school some philanthropic women of Boston proposed to organize the Boston Cooking School, to accommodate the laboring classes.

In 1878 Mrs. Mary B. Welch, wife of the

president of the Iowa Agricultural College, induced the trustees to open a department where instruction in cooking and other household arts might be given to young women students. Another school was opened in Philadelphia in 1879 for the benefit of working girls.

In 1880 a book written by Mrs. Emma P. Ewing entitled "Cooking and Castle Building," discussed the vital importance of better homes and of improved methods in preparing foods. That cooking had scientific aspects was a new idea to most people as it was then supposed women were possessed by nature with a knowledge of how to keep house and that cooks were "born cooks."

In 1881, a cooking school was opened in Chicago, lectures were given by Mrs. Ewing upon the scientific principles underlying the proper preparation and cooking of food. In 1883, the department of the Iowa college was enlarged and dignified with the name of "School of Domestic Economy;" and placed on a level with the other schools and colleges. At the same time Mrs. Ewing was given the title of "Professor of Domestic Economy." No young woman was allowed to graduate from this college without

having taken instruction in domestic economy. This college in 1885, offered a post graduate course in two years and in 1887 post graduates who had completed the course had conferred upon them the degree of master of domestic economy (MDE).

The State Agricultural colleges of Iowa and Kansas were the first that made it compulsory for young women students to take a designated amount of instruction in household science and are the only colleges that have offered post graduate courses in domestic science.

Since the opening of the first classes in cooking there has been a steadily increasing interest in household arts. It is being worked to some degree into the public schools.

In 1892, an association was founded in Chicago called the National Household Economic association. Much good has been done by this association in educating women to broader and better views in relation to home and home life. Soon after the organization of the National Household Economic association there was a marked change in titles and headlines of articles written for magazines devoted to industrial education. This change consisted

in dropping the familiar terms, "domestic economy," "domestic science," and "household science", and a more scientific term "household economics" was given. But what did the new term mean? Where could one find a clear, concise definition? It was not found until 1895, a professor, in social economics in one of our great universities, gave in an article these clear-cut definitions, Individual economics is the science of the relations between efforts and satisfactions for the individual. Social economics is the science of the relation between efforts and satisfactions of society. Household economics is the science of the relation between efforts and satisfactions for the household.

The Boston cooking school is often quoted as the "mother of cooking schools" but in fact it was some years behind New York and some of the western colleges in taking hold of this work. To-day every agricultural college in the west has a department of domestic science, domestic economy or household economics. The broader and better work in this line of study has been done in the west. The reason for this is that in the east the instruction was given largely for

the benefit of the working women and the poor; while in the west the instruction was introduced into the college course as an essential part of the young woman's education.

The difficulty with the college education for young women at present lies in the fact that the course is not fitted for them. The course of study was planned for men and when women entered they were not along the line necessary for women, and hence does not give her the required education. However the day is not far distant when every college in the country where young women attend will give practical instruction in all those arts which underlie the making and maintenance of the home and it will be recognized no nobler ambition can inspire any woman than the ambition to make a pleasant, healthful and happy home.

In studying sciences along with domestic science the aim is not to make chemists, physicists or psychologists out of domestic science pupils, but taught with two aims in view, first, it should impart scientific habits; second, it should convey scientific information bearing on these facts. The possession of scientific

habits, broadly speaking, means first, the capacity for putting a question, that is to say, clearly seeing and stating a problem that is to be solved; secondly, devising and performing an experiment which will throw light upon the question, and thirdly reasoning upon the experimental to an accurate description.

Students presenting themselves for training in the domestic arts are as a rule deficient in the foundations of scientific knowledge.

Only those sciences are taken up that are directly connected with domestic science, chemistry is taken up in its relation to raising bread and the elements in the body and how food should contain certain of these elements, Physics in its relation to heat and its effects, circulation of hot water, circulation of air, draught, ventilation, melting temperatures of solids and latent heat, freezing, boiling temperatures of liquids, condensation of vapor, distillation etc. The science of nutrition as worked out in this country. The government bulletins being used as a basis of individual work in preparing a daily and weekly menu which provides the correct number of calories and percent of muscle food for least cost.

Hygiene and sanitation in relation to home and public life. Sanitation of ground, study of house plans, heating and ventilation. The sanitary food supply with its necessary study of food adulterations. Bacteriology, its causing decay in foods, molds, causing diseases and rules for hygienic care of sick and well leads to a wider view and more just estimation of life and its duties. Botany in relation to food supply, fuels etc. Literature, the proper reading matter to have in the home.

As a general thing the best is the cheapest. Never buy a thing just because it is cheap. In selecting, select that that will be the most appropriate and give the best results. Take into consideration all the conditions related to the article. There is no need to invest in heavy furniture, the idea of home is something beautiful therefore have everything in it of such a nature that home will be pleasant and cheerful. The student should have practice work in marketing and in buying all material. Thus they will be benefited in the knowledge gained in doing business on a business like scale.

General economy of the home life not only

as to money but also expenditure of mental and physical strength, is a very important part to take into consideration, one should learn to use his mind, in other words let his "head save his heels." Do your work in a systematic way. Much time and energy will be saved thereby. Learn to look a head which, ^{may} perhaps save a great deal of worry.

As an art domestic science may be considered under three heads, decoration of home, decoration of dishes, table setting and serving. In the first place there are three fundamental rules governing decorative art; first, appropriateness to surroundings; second, harmonizing of colors; third, design. Arrange your house according to the season, make home attractive. Arrange articles to give the best effects. In the decoration of dishes, by this I mean the contents of the dish not the dish itself, make them attractive and inviting but do not over decorate them. In setting the table make it attractive and arrange the dishes in some order, do not have them scattered. There is also art in serving properly. One should learn to be graceful and serve with ease.

When arranging a course of study in any subject the time allowed for the work, the tools or instruments and age also previous training should be taken into consideration.

This course is to be in connection with any other course and only those studies taken that are directly related with domestic science. Elementary physics being one of the entrance requirements also some work in mathematics.

This is a five term course.

First term

Hygiene 6 lectures

Home sanitation 6 "

English 5 hr. week.

Inorganic chemistry 5 hr. week.

Botany " " "

Elementary drawing 1 " "

Second Term:

Physiology 5 hr. week.

Theory and practice in plain cooking 2-3 hr. periods

Home architecture 5 hr. week.

Organic chemistry " " "

Sewing 2 " "

Third term.

Bacteriology	5 hr. week.
Advanced Chemistry	" " "
" Cooking II term	2-3 hr. periods.
Literature	5 hr. week.
Sewing.	2 " "

Fourth term.

Advanced Hygiene.	5 hr. week.
High grade cooking.	2-3 hr. periods.
Advanced Physics	5 hr. week.
Literature	" " "
Sewing.	4 " "

Fifth term.

Special Physiology and emergency work.	5 hr. week
Therapeutic cooking.	2-3 hr. periods
Dress making	2 " week.
Floral Culture.	5 " "

If colleges, universities and public schools fulfil their mission they must offer training for girls which will fit them for their life work cultivated in soul, mind and body and prepared to make life brighter and better for all with whom they come in

contact.

Domestic science aims to cultivate memory by awakening interest; to build up scientific minds, minds which will reason and plan; to develop artistic instincts which will appreciate, beautify and elate; to care for and train the body, that it may respond to the mind; to awaken a feeling for humanity which shall be far reaching and ennobling.

If domestic science can train young women to more healthful, more appreciative living it certainly has its place and a high place too. A superior class of women will seek house work when it is made more inviting. The day that sees young women educated in the care of home life will usher in a higher civilization. Strive, therefore, to have the home attractive. The child will carry out into the world with him the atmosphere of the home, how important then it is to have the atmosphere the best and noblest.